



# AWC Active Aging

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## From the Director

*Lesli Ossenfort, AWC Director*

We have a lot of things to celebrate this Spring! Join us in celebrating our AWC volunteers during national volunteer month this April. We are very fortunate to have so many people help the center and to have so much growth in our volunteerism this year, but we are always in need of more volunteers. Currently, the center has over 140 volunteers. We could not function without their help in many areas of our organization. Many of our volunteers help with our front desk, lounge, library, and garden. Others help with our special events, or volunteer to teach classes for the center. In 2015, over 10,100 volunteer hours were provided to the AWC. **Please reach out to thank our amazing AWC volunteers the next time you get a chance.** We are celebrating these giving individuals with our **Annual AWC Volunteer Award Luncheon, generously sponsored by the Arkshire Retirement Living facility.** Please watch for your invitation to this event, and remember to RSVP. If you are interested in volunteering, please contact Sahara to become a part of our volunteer team! I also want to remind everyone about our **Wellness Fair that is back by popular demand on April 8th!** Visit the vendor booths, see the fitness fashion show & guest speakers, get samples, great info, prizes and much more (see page 4 for more details!)

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## HEAR BETTER LIVE BETTER



Did you know your hearing health contributes to your overall wellbeing and quality of life? It can be directly connected to your age, weight, and even income level. We believe to hear better is to live better. Our new Audibel A3 Wireless hearing aids are designed to help you do just that. They allow you to hear and understand conversations better in noisy environments, make loud sounds comfortable while boosting soft sounds, and stream TV, phone calls, and more directly to your ears.



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Hearing  
CENTERS

3003 W. Walnut Street, Rogers  
**479-631-9799**  
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## Your Creative Side

### Shuffleboard Tuesdays at 10:00 AM



We are pleased to have several art opportunities on the calendar this spring! In March and April, Sandra Woodruff will be back with us on Fridays teaching painting classes.

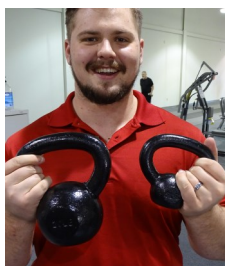
**Watercolors** will be offered **Fridays in March at 1pm** and **Acrylics in April at 1pm**. Sandra will also be giving a presentation called **Your Creative Spirit** on **Fri., April 22nd at 10:00 AM**. Sandra will help you discover how to cultivate creativity in your daily life! We will also be offering painting with a different media in March. **Soft Pastels**, taught by

Barb Iglehart will be offered on **Thursdays at 1:00 PM in March**, starting March 10th. And in April, Donna Sheppard will be teaching a class called **Alternative Art** on **Tuesdays at 10:00 AM**. This class focuses on the process of making art, which can be very therapeutic, and uses several forms of media. All of these four-session courses are \$20 plus supplies. We also will be offering our **Pottery Class** monthly with Joseph Meyer on **Tuesdays at 4:30pm**. Students are taught to sculpt pottery pieces and also are given an opportunity to

throw pottery on the wheel. Fee is \$50 and all supplies are included. Debbie Hurd will also be back with us to teach two **Basket Weaving** classes on **Mon., March 7th** and **Mon., April 4th at 12:30 PM**. Class fee is only \$5 and supplies for each class are \$25. We also have a variety of free art sessions throughout the month including adult coloring, loom knitting, woodworking, scrapbooking, crochet, and quilting club. Check out the AWC calendar, and join us for one of these opportunities to express yourself!

## Kettlebell Workout Class

Are you looking for that next level of workout? Or just want to try something you've never tried before? Try our new Kettlebell Class! Kettlebells are one of the



few types of exercises that can build strength and improve aerobic fitness. They can burn up to 20 calories

per minute (which is the same rate as a 6-min. mile!). Kettlebells have been shown to increase abdominal strength by up to 70%. This new class meets on Wednesdays from 2:00 pm to 2:30 pm in the Wellness Studio and only costs \$15 per month. It's taught by competitive powerlifter and certified personal trainer Thomas Blackwell. So, get signed up today! Bring your water and be ready to work!



**Kettlebells range in weight from 5 lb. to 20 lb. Find one just right for you!**

## Kick Up Your Heels!

Dancing is a fun, social way to get some cardio exercise into your fitness routine! In March, we are pleased to continue to offer **Barn Dance Lessons** on **Thurs., March 3rd from 2:00 PM to 4:00 PM**. Instructor and Caller Carl Ballou teaches how to do several dances including circle dances, reels, square dances, and folk dances. This has become a popular class at the AWC and this will be the last chance to take it before May. In March, we will end our

six-session Barn Dance series for this quarter with a **Spring Fling Barn Dance** on **Thurs., March 17th from 2:00 PM to 4:00 PM**. This will be a fun way to welcome spring and celebrate with an afternoon of dancing! We will also be adding another opportunity for dancing, but with a slightly different feel. **Freelance Dance** will be held the **2nd and 4th Thursday of each month from 2:00 PM to 4:00 PM**. This is not a class, but an opportunity to enjoy freestyle

dancing and listen to some great tunes. Music will include songs from the 60's, 70's, 80's, and 90's. Rock, R&B, Disco, Soul, Jazz and more will be on the dance playlists. These sessions are free and are a great way to get some cardio exercise while enjoying socializing with other people. Partners are welcome for any of these dances, but are not a requirement! Come and cut a rug with us on Thursdays in March and April!



# Ask the Professionals

In March and April, the AWC is pleased to offer question and answer sessions with local experts to help you find the information & answers you need.

**Coffee with a Cop** will be held **Tues., March 15th** from **9:00 AM to 11:00 AM**. Members of the Rogers Police Department will be at the center to sit down and have a cup of coffee with you and answer any questions you may

have for them. They will also provide information on current local crime statistics. This is the first of several local area events to be held in 2016 that are sponsored by the Benton County S.A.L.T. (Seniors and Law officials working Together) committee. We encourage you to enjoy a cup of coffee and donut and meet our local law enforcement.

The AWC will also continue the **Coffee with an Elderlaw**

**Attorney sessions** this spring. Todd Whatley will be available to answer questions about estate planning and managing your assets. He is especially knowledgeable in estate planning as it relates to paying for long-term care. Sessions will be held **Thurs., March 10th** and **Thurs., April 14th** from **9:00 AM to 11:00 AM**. You can also get your Medicare questions answered at the AWC. If you are

**New to Medicare**, join Carol Crumpacker of One Source Financial on **Mon., March 28th or Mon., April 25th at 10:00 AM** as she answers questions for Medicare newcomers. There are also general **Medicare Q&A** sessions the **2nd and 4th Wednesday of each month from 9:00 AM to 11:00 AM** with representatives from Humana. Check out all of these free events!

## What's Cookin'?



### Northwest Lunch & Learn

Learn about Vein Issues

Dr. Jeffrey Swetnam

Wednesday, March 9th  
12:00 Noon  
Dining Room



Registration Required

### Lunch and Learn

Sponsored by  
Dr. Lance Hamilton

Heart Health &  
Cardiac Risk  
Modifications

Friday, March 25th  
12:00 Noon  
Dining Room

Registration Required

### Mercy Lunch & Learn

Dr. Cody Grammer  
will discuss  
Orthopedic Issues

Wednesday, March 30th  
12:00 Noon  
Dining Room

Registration Required



### Northwest Lunch & Learn

"Help Along  
Life's Journey"  
Lindsey Myers  
Social Services

Wednesday, April 13th  
12:00 Noon  
Dining Room



Registration Required

## Silver & Fit Update

We are still working on a contract with the Silver & Fit program.

As soon as it is finalized either way, we will have information posted at the front desk. Members always have the option to join with a regular membership.



Thanks to your donations in 2015, we were able to purchase new furniture for the AWC Lounge!  
Thank you for your support!



You may be eligible to have your AWC membership paid for by Silver Sneakers if you are:

### Medicare Eligible

And have a qualifying insurance supplement from one of the following:

**AARP Medicare Supplement**  
**AR Blue Cross Blue Shield**  
**Coventry Health Care**  
**Humana**

## CITY OF ROGERS

### ADULT WELLNESS CENTER

2001 W. Persimmon St

Rogers, AR 72756

Phone: 479-631-3333

Fax: 479-986-6803

[www.rogersarkansas.com/wellness\\_center](http://www.rogersarkansas.com/wellness_center)

Open Monday-Friday 7:00 am - 7:00 pm

Open Saturday 8:00 am - 12:00 Noon

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**FREE!**  
**AWC Wellness Fair**  
**Friday, April 8th**  
**Win Prizes & More!**

Help us cut down on paper waste. Please  
keep the included calendars to refer to  
throughout March and April

## AWC Wellness Fair

Visit vendor booths, listen to  
guest speakers, watch the AWC  
Fitness Fashion Show, get samples,  
information, prizes, and much more!

**April 8th**  
**10:00AM-2:00PM**

We encourage all of members to attend.  
The fair will have **FREE admission**. Door  
prizes will be announced and given  
throughout the event. **All who attend**  
**can register for a chance to win a**  
**free month of classes at the AWC,**  
**and also for a \$150 gift certificate for**  
**the Pinnacle Hills Promenade Mall,**  
**among many other prizes.**

Healthy snacks can be enjoyed throughout  
the event. Vendors will include businesses  
and organizations that are fitness, health,  
nutrition, and senior providers. A variety  
of free health screenings will also be  
provided.

**Remember**  
**to mark your**  
**calendars for**  
**this event!**



**Left:**

### Basket Weaving

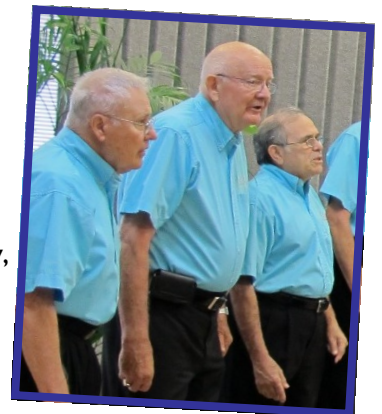
Make a complete basket in these classes  
with instructor Debbie Hurd.

Meets on the first Monday of the month.  
See the calendars for more details!

**Right:**

### Birthday of Barbershop

Come and enjoy a free concert by the  
Ozarks Barbershop Chorus on Monday,  
April 11th at 1:00 pm to celebrate the  
birthday of barbershop singing.



**Left:**

### Let's Play Bunco!

This fun activity meets on the  
third Thursday of each month!  
1:00 PM

\$2.00-Everyone Welcome!

